



BREAKFAST

KEY TO

ACADEMIC EXCELLENCE

IT TAKES MORE THAN BOOKS FOR A CHILD TO LEARN: WHY ALL SCHOOLS SHOULD LAUNCH OR EXPAND BREAKFAST PROGRAMS

"The School Breakfast Program supports child development, improves health, boosts school achievement and student behavior, and reduces obesity."

— Food Research and Action Center, School Breakfast Scorecard 2008

"I think Breakfast in the Classroom is the single most cost-effective way to improve test scores."

— Tony Geraci, Baltimore City Public Schools Food Services Director

BENEFITS OF SCHOOL BREAKFAST

Principals/Superintendents benefit because:

- Attendance increases
- Test scores increase
- Discipline problems decrease

Teachers benefit because:

- Behavior improves
- Academic success improves
- Attention increases

Food Service Personnel benefit because:

- Participation increases
- USDA funds increase
- Nutritious foods are served

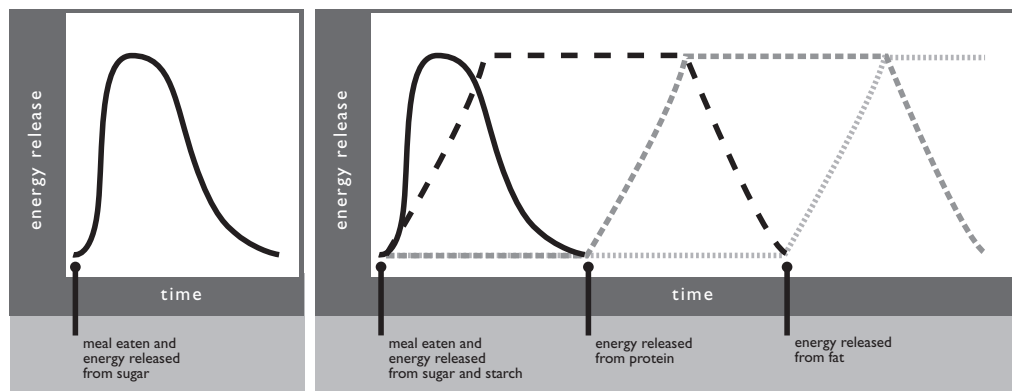
Parents benefit because:

- Mornings are easier
- Kids start the day ready to learn
- Concerns about breakfast skipping are relieved

*kids
benefit,
too!*

WISE FOOD CHOICES ENHANCE LEARNING

Comparison of energy available for learning from two different breakfasts



Sugary foods, such as fruit, fruit juice, candy, or soda, eaten in place of a meal cause a quick rise in blood sugar and energy in children. About an hour later, blood sugar and energy decline rapidly, bringing on symptoms of hunger.

A typical school breakfast provides food from at least three Food Groups such as fruit or juice, bread or cereal, and milk. These foods contain sugar, starch, protein and fat that digest at different rates and keep blood sugar up so energy levels are sustained throughout the morning.

sugar starch protein fat

RESEARCH CONFIRMS THAT BREAKFAST EATERS:

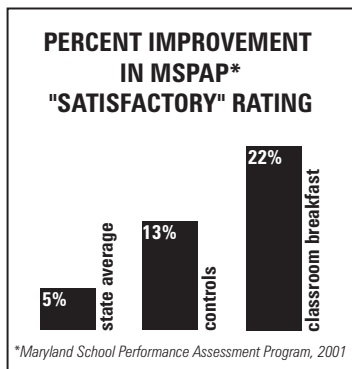
- Have higher test scores, work faster, make fewer errors and are more creative
- Are less likely to be sent to the principal or visit the school nurse
- Are more able to concentrate on learning
- Are more cooperative and get along better with classmates
- Are healthier and have improved attendance



BREAKFAST PROGRAMS BOOST BRAIN POWER

Maryland Meals for Achievement Classroom Breakfast Program

offers breakfast to all students. The program found tardiness declined 8 percent, suspensions decreased by 1.6 days per month, standardized test scores increased 17 percent over the state average and behavior improved.



By offering a nutritious breakfast to all students at little or no charge in more than 300 elementary schools, **Minnesota's Fast Break to Learning** school breakfast program helped prepare more than 40,000 children for a full morning of learning. The results from this breakfast program further support the link between making school breakfast available, students' readiness to learn and academic achievement.

BREAKFAST SUCCESS STORIES

Paula Buser, Canon City, established a Grab 'n' Go-style breakfast she dubbed "breakfast at the bell." When the bell rings 15 minutes prior to the start of the school day, students know it is time to grab their breakfast and begin eating it in the commons area. A food service staff member monitors students and helps them make selections. The number of breakfasts served daily increased from 12 percent to 85 percent.

"Breakfast in the classroom is not a food service program, it is academic support," states Valerie Addis, Director of Nutrition Services, Missoula, Montana. With the Breakfast in the Classroom program at Hawthorne School, breakfast is delivered to the classroom by food service staff. After the morning bell rings, students select their breakfast foods and eat at their desks. While eating breakfast, students work on math warm-ups, listen to daily announcements or a teacher read-aloud. Student participation at Hawthorne exceeds 90 percent.

To read more alternative breakfast success stories, visit westerndairyassociation.org, search 'breakfast.' Or check out the School Nutrition Association's web site, sna.org; or the USDA site at usda.gov. Search 'school breakfast' for their online school breakfast tool kit.

EXPANDING BREAKFAST

Consider implementing these alternative breakfast service options and reap the positive results of better learning, enhanced nutrition and improved participation.

- **Breakfast in the classroom** — food is delivered to each classroom and is often combined with attendance-taking and announcements; participation can reach as high as 98 percent of enrollment
- **Breakfast after 1st period** — food is served mid-morning either in the classroom or cafeteria; participation can increase to 50 percent or more of enrollment
- **Grab 'n' Go** — bagged food is served from a variety of locations throughout the morning; participation can increase when offered in addition to traditional cafeteria service



WE CAN HELP!

Contact Western Dairy Association for information about start-up grants for Expanding Breakfast at your school. Call 800-274-6455 or 303-451-7711 or access the grant application at westerndairyassociation.org.



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RESOURCES:

- *Maryland Meals for Achievement Classroom Breakfast Pilot Program, December 2001, Maryland State Department of Education, 410-67-0199*
- *Minnesota School Breakfast Programs: Energizing the Classroom 1994-1997 & Fast Break to Learning 1999-2000 Executive Summary, Minnesota Department of Children, Families & Learning, 651-582-8526*
- *Western Dairy Association, 800-274-6455 or 303-451-7711, westerndairyassociation.org*